PEAK EXPERIENCES in DYNAMIC MINDFULNESS!

Yin and Yang = "Ebb & Flow" or "Expansion & Contraction" - apparently opposite forces in the natural world which are actually complementary, interconnected and interdependent components of a dualistic universe e.g. day & night, joy & sadness, gain & loss, activity & relaxation.

YIN [PASSIVE] EXPERIENCES

Simply Being [stillness in the presence of outer world]
Enjoying [savouring!] watching the world [nature and creations] go by, acceptingly, without any anxiety, compulsion to join in, or guilt at being a passive observer.

Simply Being [stillness in the presence of inner world]
Enjoying [savouring!] the flow of our own breath, thoughts and emotions [human nature], acceptingly, without feeling any compulsion to control, cling to, or entangle with them.

Oneness [passive] - An 'at home' sense of **belonging** to the world/nature/people around us, even though we are not currently expressing or contributing.

Meditation [sitting or other fixed postures]
Joyfully, lovingly, acceptingly, peacefully & adventurously, opening up to, and embracing [integrating], your multi-layered world of 'self-experience'.

YANG [ACTIVE] EXPERIENCES

Meditation [moving]
Joyfully, lovingly, acceptingly, peacefully, harmoniously & adventurously, opening up to, and embracing [integrating], your multi-layered world of active 'self-manifestation'.

EASE [IN THE FLOW] - harmonious participation in outer world
Taking part in life fully, committedly, co-creatively and appreciatively, without making undue demands on, or rejections of, the way life is, as in the "Serenity Prayer"…

Grant me the serenity to accept the things I cannot change;
Courage to change the things I can and Wisdom to discern the difference!

However, our "Here and Now", "present moment" experience of stress contains within it, the "wisdom" (insights, gut feelings, options and self-empowerment) that we need to change our present-moment experience, via either acceptance ("coming to terms") or by taking action.

The next line of the "Serenity Prayer" says...

Living one day at a time! - Enjoying one moment at a time!

Our "Here and Now", "present moment" experience of stress not only contains the pearl of wisdom we need, it ALSO contains within it vital opportunities for enhancing our "well-being". Negativity is energy! If we can harness this energy [WITHOUT ITS intelligence-deficient AGENDA!] and connect it up to our needs, goals, dreams, hopes and ambitions, we have POWER ["the power of now"] to move forward.

The Serenity Prayer also goes on to say..

Accepting hardship as the pathway to peace.
Taking this sinful world as it is - not as I would have it.

"No pain - No gain!" is a very challenging idea! Can "hardship" and "acceptance of imperfection" really be compatible with "enhanced well-being" and "self-empowerment"? Uncovering, facing and transforming uncomfortable truths (sometimes called "self-knowledge" or "self-realisation") is undoubtedly the path of courage, self-discipline and integrity!

Increased flexibility and resourcefulness lie at the heart of managing our thoughts and feelings. Sub-conscious "limiting beliefs" (what I can/cannot do, what others "should/should not" do) and "held-in sub-conscious feelings" will sabotage our well-being and massage our impotent negativity time and time again - unless we decide differently!

Underlying and feeding our miserable, impotent thoughts and feelings there is usually a belief which says "This should NOT be happening!" This adds an extra layer of anxiety and misery to our current state. If we accept what is happening "NOW" as a KEY basis for moving forwards, we kill this belief stone dead and immediately change our mindset, feelings, attitude and agenda.

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YANG EXPERIENCES [continued]

"INNER EASE" [enjoying *oneself*] - harmonious participation in inner world
Enjoying [savouring!] and engaging with, the flow of our own breath, thoughts and emotions [human nature], acceptingly, without feeling any compulsion to control, cling to, or entangle with them.

ONENESS [active] - An 'at home' sense of belonging to the world/nature/people around us as we 'do our thing' in the world – **expressing who we are** and **making our contribution** to the world.

IN THE ZONE! – having a peak experience of our own performance, without stress or strain.

SPONTANEOUS, INTUITIVE & SITUATIONALLY APPROPRIATE SELF-EXPRESSION

FULLY ALIVE! A lifestyle in which mind, heart and soul are engaged, nourished and fulfilled!

Key Blocks to Mindfulness: Emotional Baggage from the Past!

The biggest obstacles to your Peace of Mind, Wellbeing and 'Living each day more Mindfully' are the unwanted emotions, memories and impulses that you have dealt with in the past by…

Denial, Dissociation [splitting-off into 'head-stuff'], **Distraction or Repression** [bottling-up]

Feelings and impulses that might be blocked out of self-awareness…

Aggression, Anger, Bitterness, Depression, Frustration, Grief, Guilt, (Self-)Hatred Hostility, Insecurity, Jealousy, Rage, Rejection, (Self-)Resentment, Revenge, Shame

Toxic Emotions and Destructive Impulses are the natural human biological response to the frustrations, pressure, demands and power-struggles of everyday living and working!

Denial, Distraction or Mis-handling of our natural energetic reactions to life's stresses, creates…

Fatigue, Misery, Creative/Productive block, Irritability, Health problems, Relationship problems (Self-)Punitive behaviour, Sleep Problems, Anxiety/Insecurity, Low self-confidence, Depression

We then find ourselves repeatedly moaning, complaining, unhappy, angry or frustrated

…OR…

Constantly unfulfilled, or Filling our Inner Emptiness with CRAVINGS, ADDICTIONS or DISTRACTIONS!

Our "**Grief & Trauma - Holistic Recovery!**" **Certificate Course** offers you a new lease of life… a chance to clear out "old baggage" in order to make way for...

Greater Peace of Mind

- Decisions & Actions driven by Love and Joy - rather than Fear, Guilt, Resignation or Resentment!
- The body language & tone of voice that convey the impression you really want to convey!
- Improved Quality of Sleep
- More harmonious relationships
- Less mood swings, less Stuck Moods
- Better Vitality and Health

Transform 'Emotional Baggage' into 'Passion for Life'!

Find & Clear Your Blocks to Healing!

This course raises awareness of the bottled-up self-sabotaging feelings that we all carry as a result of life's frustrations, disappointment & woundings, and then...

Goes on to teach new FUN ways of harnessing and transforming the powerful energies of what are commonly seen as NEGATIVE EMOTIONS - a perception that so often leads to them being bottled-up, denied or repressed - with a SERIOUS COST TO OUR ENERGY LEVEL, PEACE OF MIND & HEALTH [blood pressure, blood sugar level etc].

JOIN [FREE] OUR HOLISTIC LIFESTYLE GROUPS?

Holistic Health & Wellbeing in Cambridgeshire: www.meetup.com/Holistic-Cambs

Cambridge Healing & Holistic Lifestyle on FB: www.facebook.com/CHEALGROUP

More on Mindfulness: www.fullyalive.me.uk

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